



Chickpeas and Spinach Sauté

Prep time: 20 minutes

Cook time: 30 minutes

Makes: 4 Servings

Sautéed veggies simmered with a can of tomatoes, chickpeas and wilted spinach make up this colorful dish. This recipe calls for chickpeas and spinach but any combination of "beans and greens" will work.

Ingredients


- 1 tablespoon** vegetable oil
- 1** yellow onion (peeled and chopped)
- 1 clove** garlic (peeled and minced)
- 1** celery stalk (chopped)
- 1** carrot (chopped)
- 1 can** 14.5 ounce low-sodium diced tomatoes (including liquid)

Nutrition Information

Nutrients	Amount
Calories	193
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	256 mg
Total Carbohydrate	28 g
Dietary Fiber	10 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	10 g
Vitamin D	0 mcg
Calcium	213 mg
Iron	4 mg
Potassium	721 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables 1 3/4 cups

1 can 16 ounce low-sodium chickpeas (drained and rinsed with cold water)

1/4 cup water

1 package 10 ounce frozen spinach (kale can be used instead of spinach)

1 teaspoon fresh lemon juice (or red vinegar)

1/4 teaspoon Crushed red pepper flakes

Directions

1. Put a skillet on the stove on medium high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans (white beans instead of chickpeas) and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

Source: USDA Center for Nutrition Policy and Promotion